



Grapefruit **Fact Sheet**



Where did they come from?

The grapefruit was developed in the West Indies during the early 1700's. It was introduced to Florida in 1823 when the Spanish brought over the grapefruit tree to be used in flower gardens. These trees were grown only for their beauty. Very few people ate grapefruit in olden times. They didn't like the slightly bitter taste. The fruit would ripen and fall to the ground and rot. During the 1800's Florida started to produce grapefruits and between 1880 and 1885 the first shipment of grapefruits were delivered to New York and Philadelphia. Since the 20th century different varieties of white grapefruit have been developed with a pink to reddish color on their flesh. These are now more commonly referred to as the Ruby Red grapefruit.

Where do they grow?

Grapefruits are grown throughout the world including United States, Israel, Spain, Greece, Brazil and Cuba. However, the United States is the world's number one producer of grapefruits. Florida produces about 75 percent of the total grapefruit crop grown throughout the United States. Other states which grow grapefruit include Texas, California and Arizona. Grapefruits are available all year long. The best grapefruit, from Florida and Texas, are available from November through June. In late July, California and Arizona grapefruit arrive in markets and continue through October.

How do they grow?

Grapefruits grow on trees in clusters, just as grapes. Grapefruit trees are large with glossy dark green leaves. The grapefruit hangs in clusters on the tree. Grapefruit trees grow best, and produce the best quality fruit, in climates with hot days and warm to hot nights. These trees are beautiful and are a member of the citrus family. This fruit grows well in both tropical and subtropical climates throughout the world. .

Are they healthy?

- ✎ Excellent source of vitamin C
- ✎ ½ Grapefruit provides 80% of an adult's recommended daily vitamin C
- ✎ Provides pectin, a soluble fiber which may lower cholesterol
- ✎ Good source of vitamin B6, potassium, thiamin and niacin

How do you pick a good one?

- ✎ Choose those which are glossy, round, smooth
- ✎ They should be heavy for their size
- ✎ Avoid those with brown and/or soft spots

☺ FUN FACTS! ☺

Grapefruit

Did you know...

- ☺ **Did you know this citrus fruit got its name, grapefruit, because it grows on the tree in clusters, like grapes?**
(Sometimes as many as 25 fruits in a cluster hang from a tree.)
- ☺ **Did you know that a ½ of a grapefruit equals one serving of your 5 A Day?**
- ☺ **Did you know a grapefruit contains both a sweet and tangy flavor?**
- ☺ **Did you know that the sweetest and juiciest grapefruit can be found in supermarkets from December to June and come from Florida and Texas?**
- ☺ **Did you know that California and Florida grapefruit are different?** (Florida grapefruit have a thinner rind and are sweeter and less pulpy. California grapefruit are easier to peel and segment, but they are not as juicy and their flavor is only fair.)
- ☺ **Did you know that the original grapefruit was called a pomelo or shaddock?** (This fruit can sometimes be found in Oriental markets. They are larger than grapefruit with a rough, puffy thick rind, lots of seeds, sour tasting and have very little juice.)
- ☺ **Did you know there are three major types of grapefruits --- white, pink/red and star ruby/rio red?**
- ☺ **Did you know that the grapefruits which contain seeds are used to make juice?**
- ☺ **Did you know that the pink and red varieties contain more vitamins than the white grapefruit?**
(Red grapefruit contains over 20 times more vitamin A than white.)

Remember ... Include 5 - 9 servings of fruits and vegetables per day!



School Food Service Link.....

Quick Steps to 5 - 9 servings of fruits and vegetables per day at school...

Listed below are suggestions that you may choose at your own discretion

RECIPES:

- ✓ Try a new recipe with Grapefruit ---
Fruit Cup 1 & 2 (see attached)
- ✓ Serve grapefruit smiles
- ✓ Serve fresh grapefruit halved & sprinkled with
brown sugar or cinnamon & sugar for breakfast or lunch
(1/2 grapefruit = ½ cup fruit)
- ✓ Serve hot grapefruit for breakfast
(Cut grapefruit in half and place on a sheet pan; Sprinkle each half with approximately
1 tablespoon of brown sugar, honey can also be added; Broil for 3-5 minutes or until tops
become bubbly and brown)
- ✓ Add red or pink grapefruit as a garnish to green salads
- ✓ Offer a healthy packaged salad with cottage cheese,
fresh ruby red grapefruit & orange smiles,
pineapple chunks... & whole wheat crackers

Presentation **Meal Appeal -----** **Contrast Color for** **Eye Appeal!**

Alternate Rows of
Orange Smiles & Red
Grapefruit Smiles

MARKETING:

- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Contact the Florida Citrus Commission for resources:
www.floridajuice.com
- ✓ Display different varieties of citrus fruit with their corresponding names
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

Quality:

Store Fresh Citrus
Fruits in Front of
Cooler Where
Temperature is
Higher.

PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day;
Give this menu a special name (*Example: Glow with Grapefruit!*)
- ✓ Feature "Red Day" on the day that you offer grapefruit on your menu
 - ✓ Encourage the entire school to get involved
 - ✓ Reward students with a small prize if they are wearing red
- ✓ Offer ruby red grapefruit for Valentine's Day
- ✓ Feature different citrus fruits and recipes with these fruits throughout the month.
Emphasize their healthy benefits of providing vitamin C.
(*E.g.: oranges, orange juice, tangerines, grapefruit, orange-pineapple gelatin/USDA C-11,
orange rice pilaf USDA/B-2, orange glazed carrots or sweet potatoes/USDA I-13;I-13a...*)
- ✓ February is Nat'l Hot Breakfast Month --- Offer Baked Sweet Grapefruit

Safety:

Wash Hands
Before Handling
Fresh Produce!



School Food Service Link.....



School Food Service Recipes



Fruit Cup 1

Recipe From: Pennsylvania State University

Serving Size: ½ cup, with juice **Portion Count:** 37

Yield: approx. 1 gal. + 3 cups

Ingredients:

- 2 lbs 13 oz canned grapefruit sections
- 2 lbs 15 oz canned sliced peaches
- 2 lbs 5 oz frozen cherries, thawed
- 9 each fresh oranges, peeled and chunked
- 2 each fresh eating apples, 125's peeled, cored and diced
- 1 qt + 2/3 cup reserved liquid

Directions:

1. Drain canned fruit before combining, reserving juices.
2. Place drained, canned fruit in bowl.
3. Add fresh fruit.
4. Pour juice over all fruit.
5. Mix lightly; chill.
6. Serve chilled at a temperature of 40°F.

Nutrition Information Per Serving:

Calories= 66 Protein= 0g Carbohydrate= 16g Fat= 0g Saturated Fat= 0g Cholesterol= 0mg
Sodium= 10mg Vitamin A= 18RE Vitamin C= 18mg Calcium= 15mg Iron=.2g Dietary Fiber=1g

Fruit Cup 2

Recipe From: Pennsylvania State University

Serving Size: ½ cup, with juice **Portion Count:** 37

Yield: approx. 1 gal. + 3 cups

Ingredients:

- 2 lbs 13 oz canned grapefruit sections
- 2 lbs 8 oz canned sliced peaches
- 1 lb 12 oz canned pineapple chunks
- 2 lbs 3 oz frozen cherries, thawed
- 9 each fresh oranges, peeled and chunked
- 5 each fresh bananas, peeled and sliced
- 1 qt + 2/3 cup reserved liquid

Directions: Same as Above

Nutrition Information Per Serving:

Calories= 76 Protein= 0g Carbohydrate= 19g Fat= 0g Saturated Fat= 0g Cholesterol= 0mg
Sodium= 2mg Vitamin A= 18RE Vitamin C= 22mg Calcium= 18mg Iron= .3g
Dietary Fiber=1g